





# JANUARY GROUP FITNESS SCHEDULE

	Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
8:30	Stretch, Tone, Balance-Sheila Blackburn GYM B		 Sheila	Stretch, Tone, Balance-Sheila Blackburn GYM B		 Edie	Stretch, Tone, Balance-Sheila Blackburn GYM B	
9:00	<b>WATER FIT</b> Misty Aquatics Center	<b>SPIN</b> Sherri		<b>WATER FIT</b> Misty Aquatics Center	<b>SPIN</b> Sherri		<b>WATER FIT</b> Misty Aquatics Center	9:30 am <b>ALL LEVEL YOGA</b> (90 min class) Rotating Instructors
9:45	<b>GENTLE FLOW YOGA</b> Jocelyn		<b>GENTLE FLOW WITH YIN</b> Chris	<b>YOGA SCULPT</b> Chris		<b>GENTLE FLOW YOGA</b> Jocelyn	 Edie	
11:00	<b>DANCE FITNESS</b> Sherri		<b>TAI CHI</b> Carol Ann	<b>DANCE FITNESS</b> Sherri			<b>11:15am</b> <b>LES MILLS BODYATTACK</b> Teresa (30 min)	
12:00	<b>LES MILLS BODYPUMP</b> Bonnie		<b>LES MILLS BODYATTACK</b> Bonnie	<b>LES MILLS BODYPUMP</b> Teresa		<b>LES MILLS BODYATTACK</b> Bonnie	<b>LES MILLS BODYPUMP</b> Kathleen	
4:30			<b>HIIT Functional Fitness</b> Ann Marie			<b>4:45 SPIN FUSION</b> Vanessa Cycling Studio		
5:30	<b>LES MILLS BODYPUMP</b> Eva		<b>SPIN FUSION</b> Vanessa Cycling Studio	<b>LES MILLS BODYPUMP</b> Kathleen		 Sheila (Starts 1/14)		
5:30	<b>WATER FIT</b> Lucy Aquatics Center		<b>WATER FIT</b> Lucy Aquatics Center	<b>WATER FIT</b> Lucy Aquatics Center		<b>WATER FIT</b> Lucy Aquatics Center	<b>WATER FIT</b> Lucy Aquatics Center	

\*CLASSES ARE HELD IN THE GROUP EXERCISE STUDIO UNLESS ANOTHER LOCATION IS LISTED\*

## CLASS DESCRIPTIONS



A high-energy interval 55 minute training class that combines athletic aerobic movements with strength and stabilization exercises.



Bodypump is the original barbell to music resistance training class. You will increase muscular and cardiovascular strength and endurance as well as tone and shape. Every class features the latest hard hitting and inspiring tunes.



You CAN have it all! Get cardio, strength, balance and flexibility all in a fun 55 minute class. Easily modifiable, this class is for every fitness level.

**BOOT CAMP** Come down to the O'Connell Fieldhouse for group interval training with tire flips, running/walking, weights, battle ropes and more!

**Dance Fitness** – This 45 minute class combines upbeat songs and fun dance moves into a fun and energizing calorie burning workout! No experience necessary!

**HIIT Training** - HIIT is a 45 min total body workout, combining cardio intervals with strength training. HIIT training improves overall health, builds strength, and reduces body fat. HIIT intervals benefit heart and cardiovascular health and the strength training will increase muscle mass, decrease muscle loss, and reduce injuries.

**Spin** - This 45 minute class will fly by as you work sprints, intervals and speed training in our indoor cycling studio.

**Spin Fusion** – This class is an intense combo class where indoor cycling meets strength training-combined with weights, bands & floor exercises.

**Stretch, Tone, & Balance** Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and are suitable for all fitness levels.

**Tai Chi** A meditative, low impact series of gentle rounded movements performed to enhance health, strength, flexibility and balance.

**Yoga** Increases the body's ability for ease of motion and mobility in daily living while improving both balance and flexibility. Participation will bring a heightened awareness of the body-mind connection and potential.

**Water Fit** Also known as water aerobics, this class offers the participant the wonderful opportunity to enjoy the healing power of water while improving overall fitness through cardiovascular exercises that improve endurance, muscle tone and flexibility via water resistance, all in a low impact setting that is easy on the joints.